



DON'T LET SEX SEND YOU TO THE E.R.

One-third of us report getting injured in the act. Avoid the top coitus casualties ID'd by E.R. doctors.

1002

SOURCE: CONSUMER PRODUCTS SAFETY COMMISSION

The number of sex-toy-related emergency-room visits each year.

► THE INJURY: DOWN-THERE CUTS

Vaginal or vulvar tearing tends to happen when you're underaroused and dry, which creates more friction. **PREVENT IT:** Give your body 10 minutes for tissue to soften, lubrication to take place, and muscles to relax. Use lube for extra help. **TREAT IT:** Go to a doc if the pain is unbearable or bleeding is as heavy as a period.

► THE INJURY: UFOS (UNRETRIEVABLE FOREIGN OBJECTS)

When there's a hole, things can get stuck. **PREVENT IT:** Don't insert anything past two inches—orgasm science shows there's no benefit to your pleasure past that point. And use only anal-specific toys in that region. Most have a wider base that you or your partner can (and should) hold on to. **TREAT IT:** Anal toys tend to move upstream with time, so don't, uh, sit around on this one—take it to urgent care. Vaginal? Grab a mirror and your hand or a good friend. Relax so you don't tense up, which makes retrieval harder. Visit your MD if it's still stuck after an hour.

► THE INJURY: CROSS-YOUR-LEGS PAIN

Having sex when you have an infection (UTI, yeast, bacterial vaginosis) can hurt, and it may make your issue worse. **PREVENT IT:** Avoid sex if you have signs of an infection. If you've been diagnosed, wait a week so the inflamed tissue can heal. **TREAT IT:** A cold compress soothes pain. Then visit your gyno to see if you need a prescription and to be sure it's not something more serious, like an STI.

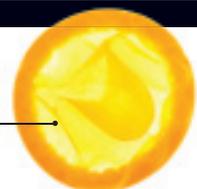
► THE INJURY: PULLED MUSCLES

Hot sex is often rough sex...and the hotter it is, the less likely you'll notice cramps and strains, thanks to endorphins released mid-romp. Only later do you realize you went too far. **PREVENT IT:** Like in yoga, you have to work your way up to the advanced poses. Start with positions that keep your legs shoulder-width apart—once your blood is flowing (about five minutes in), feel free to break into Plow. **TREAT IT:** 600 mg of ibuprofen should do the trick. Also, RICE: rest, ice, compress, and elevate. See a doctor if pain and movement don't improve after a few days.

SOURCE: JOHN MOREHEAD, MD, OB-GYN EMERGENCY-ROOM PHYSICIAN AT TRISTAR CENTENNIAL WOMEN'S HOSPITAL, IN NASHVILLE, TENNESSEE

Fertility Fact **Forty percent** of women worry about their ability to conceive, reveals a recent study, but only **10 percent** of us actually have trouble getting pregnant. **Keep up with your birth control—you're more fertile than you think!**

SOURCES: JESSICA ILLUZZI, MD, ASSOCIATE PROFESSOR OF OBSTETRICS, GYNECOLOGY, AND REPRODUCTIVE SCIENCES AT THE YALE SCHOOL OF MEDICINE; LUBNA PAL, ASSOCIATE PROFESSOR OF OBSTETRICS, GYNECOLOGY, AND REPRODUCTIVE SCIENCES AT THE YALE SCHOOL OF MEDICINE



ASK DR. ASHTON

Q Do I need a folic-acid supplement if I'm not pregnant?

A Not if you're single. You get enough of this B vitamin from your food. There is zero evidence that folic-acid pills make your hair shiny or your nails stronger and longer, and one recent study in animals suggests that ODing on folic acid can increase the risk for breast cancer. That said, I do recommend it if you're in a committed relationship. About 50 percent of pregnancies are unplanned... but that doesn't mean unwanted. If a patient decides to have the baby, she'd ideally have been taking a daily folic-acid supplement or prenatal vitamin for a month before conception, in order to lower the baby's risk for neural-tube defects.

SOURCE: JENNIFER ASHTON, MD, AN OB-GYN AND SENIOR MEDICAL CONTRIBUTOR FOR ABC NEWS

CLOCKWISE FROM LEFT: YOUTUBE; MICHAEL BENABIB; GETTY IMAGES